



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Illichmann, Bernd

Club: Edeka Fleck

Number: 167

Course: 6.12 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 50:02

Speed: 7.20 km/h

Running performance: 8:11 min/km

Rank in course/Total: 89 (of 90)

Rank in course/Men: 46 (of 46)

Best time in course: 23:16

Rank in category: 1(of 1)

Best time in the category: 50:02